

ALCOHOL CONSUMPTION

A number of studies have recently shown that moderate alcohol intake (about 1-3 drinks per day) is associated with a lower risk of coronary artery disease than in those who are abstinent.

There is still much to be learned about this association. Some studies suggest that it is the alcohol alone that causes this affect. This would imply that beer, wine or spirits all offer the same protection. Other studies strongly suggest that red wine offers the most protection. It is believed that substances called flavinoides are the responsible agent. The website www.anti-oxidant.com can give more information about this.

Another area of controversy concerns the quantity of alcohol required for this benefit. These studies are still being done.

CAUTION!!

Excess alcohol consumption can be highly destructive to physical and psychologic health. Therefore, the issue of alcohol consumption as it relates to coronary artery disease risk should be discussed with one's healthcare professional.

